

The Defender

THE VOICE OF ST. MICHAEL'S COLLEGE

Townhouse parties are dead

Public safety cracks down, students opt for downtown

By Katherine Martin
Executive Editor

It's 17 degrees but coats are left at home this Saturday night. Alcohol serves as a buffer to the cold while students wait in line at Rasputin's, a bar at the end of Church Street. Underclassmen recite zip codes to themselves, praying the bouncer believes their age. Inside, fellow students are opening tabs and ordering the bar's infamous "trash can," an \$8 drink made up of five different liquors and Red Bull.

Back at school, the townhouses are relatively quiet. Multiple houses have small gatherings and underclassmen roam campus, searching for the best one to join. Students take a break and stop at the grill for some food and warmth. By 1 a.m., campus is quiet.

The 300s are not what they used to be. Once packed with students of all grades, "Sputies," a bar downtown has taken the lead as the new weekend hub and students point to Public Safety.

Three years ago, the vast majority of students drinking stayed on campus

on weekend nights. Today, it's barely a fraction of that number. Public Safety says that they've seen a decrease in problems associated with parties and they're pleased. Students say that to avoid Public Safety's crackdowns of recent years, they've taken their weekend partying to another location... downtown Burlington.

"Freshman year was a given we were staying on campus to drink," said Brendan Morris '19. "Now the script is completely flipped. Everyone goes downtown. Friday and Saturday we usually hang out at our house until

11 p.m. and then go right to Sputies. If we don't kick everyone out of our house ourselves, Public Safety will."

The new trend started a few years ago. During the 2016-17 school year, one year into Douglas Babcock's role as director of Public Safety, the public safety team began enforcing the townhouses' 45-person maximum capacity rule. This fire safety code, applicable to all townhouses, is the most common reason for parties to get shut down, Babcock said.

This means that anyone having a party needs to staff the front and

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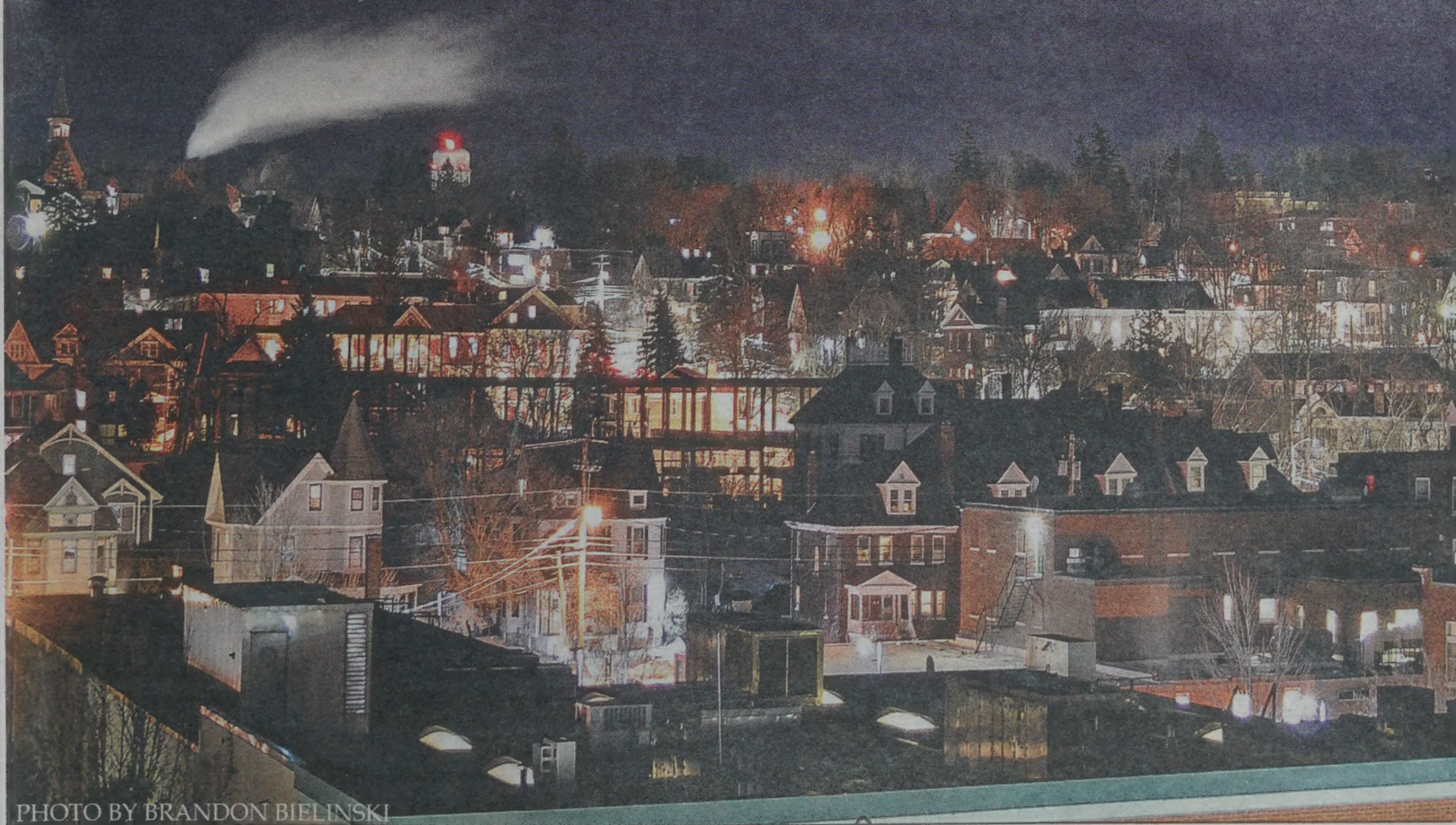


PHOTO BY BRANDON BIELINSKI

Volume 57

February 14, 2019

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Downtown becomes the place to be

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back doors to make sure there are no more than 45 people at any time in the townhouse, a difficult rule to enforce in a townhouse that can easily fit many more.

"They were only ever supposed to have 45 people in them max occupancy. This is a new approach to how we get people to comply with that," Babcock said. "We're not going to

we hosted a lot of parties in the 3s. This year even when we had registered, Public Safety showed up. We didn't really have a fair warning. They bombarded our house and were kind of insulting and made us feel like they weren't willing to work with us. We ended up on probation for overcapacity. They told us we had 90 people."

For Dedecko, her probation meant no house parties for three weekends

"They bombarded our house and were kind of insulting and made us feel like they weren't willing to work with us."

—Laurenn Dedecko, '19

stand in front of every door to count the number of people coming in so that meant we can only stand at the door and count the number of people coming out."

When Public Safety shuts down a party because they believe it is overcapacity, they stand at both doors and count the number of students leaving the house, in order to have an accurate number when writing the house up for overcapacity.

Students have been proactive about the capacity rule, often having two or more bouncers at both townhouse doors.

Some students are skeptical about the enforcement. "Most of the time they shut down a party they tell you it's overcapacity," said Justin Richmond '20. "But they tell you some ridiculous number that you know isn't even physically possible to have that many people in a house."

Students have been encouraged since the 2016-17 school year to attend Thursday meetings with Residence Life to register their houses for weekend parties. The meetings get a regular turnout from students, eager to cooperate. When students register, student life delivers pizza to the house the night of the party.

Most students, like Dedecko and Morris don't see any benefit at all to registering a party. "I don't see what we get out of it," Morris said. "Last semester the pizza was alright and now it's terrible so I don't see any benefits."

"Last year I felt that registering was a really good idea and it was working out well," said Laurenn Dedecko '19. "We almost actually never got in trouble and

along with a fine of \$100 per housemate who was present at the party. For others, probation can look like no parties until P-Day, April 27.

"We're very conscious of the big weekends," Babcock said. "We know that people want P-day so we usually start with a you're suspended from hosting parties through P-Day and here's how you can earn it back."

While Jeff Vincent, assistant dean of students, said he believes that students who want to stay on campus will stay on campus, some seniors argue otherwise.

"Personally, I didn't plan on going downtown every weekend but it's the only option because otherwise we're here and get fined or get in trouble," Morris said. It's going to be someone's house [who gets fined] so I'm not paying for it."

Seniors in townhouses, frustrated with Public Safety's new enforcements, or fearful of facing another probation and fine, increasingly resort to downtown Burlington to go out. The higher cost of drinking off campus is one of the reasons students miss the drinking scene at school. The cost of

ubers, drinks, and cover charges can be pricey. An uberX downtown (the safer option when drinking) typically looks like \$20 or \$4 per person on the way there. This cost added to a \$3 cover charge, four \$5 drinks at the bar, and a surcharged uber home of \$40 adds up to a total of \$37 in a night, without any drunk food.

"Financially I'd like to stay on campus but realistically there is no choice. We have to go to downtown if we want to have a fun and late night," Dedecko said. On a recent night Dedecko spent \$40 at Sputies alone, and came home at 2:30 a.m.

Where the upperclassmen go, the underclassmen follow. Townhouse residents choosing to drink off campus leaves underage students fewer options.

"Underage underclassmen go downtown as well, I mean that's where all the fun is," Morris said. "There's not really much to be had here."

"I prefer to stay on campus because I'm not 21 yet and would rather not have the stress of trying to get in to bars," said Kaelyn Oliver '20. "It's also easier and cheaper to say on campus but I feel like I need a fake ID at St. Mike's or else I'm left out of a lot of fun things. Underclassmen that have fake IDs typically get into the bars downtown easily."

When there are parties on campus, the 45 capacity rule often leaves freshmen outside, unable to find a party to get into.

"Freshman year there was no question if we would get into the party," Dedecko said. "I feel like I don't even see underclassmen anymore which isn't a bother but I feel bad for them."

Drinking off-campus comes with a price. Drunk driving, strangers, and being unable to walk home alone leaves higher risks for students.

Dedecko feels that campus is generally a safer drinking environment and wants to see a shift in Public Safety's actions. "I just think they need to be more open to kids being on campus and partying here because in reality it's probably a safer environment for us to be here than roaming downtown," Dedecko said.



A band plays in front of a crowd inside Red Square on Church Street on Saturday, Feb. 9.

PHOTO BY MATT HELLER

Kidnappings, rapes, threats: What to do in the face of danger

By Meg Friel
News Editor

You're walking back from Durick Library on a late Sunday night, listening to music and texting your friends about the hours of homework you just piled through. In the corner of your eye, you sense footsteps inching closer. You put down your phone as chills run up your spine, and your eyes dart side to side as you wonder if you are facing a true threat or if you're only paranoid.

With kidnappings, disappearances, and rapes seemingly more prevalent in the age of social media, it's often easy to be on edge, whether it be walking alone from north campus at night, or in the midst of a crowded bar downtown on a Saturday.

"Statistically, we're a safer society than we were 20 years ago," said Doug Babcock, director of public safety at St. Michael's College. "But, we see far more of what does happen than we did 20 years ago, and it's much more in the consciousness of basically everybody at this point."

Don Demar, an officer assigned to the Chittenden Unit for Special Investigations out of Burlington, which investigates all sex offenses that occur in Chittenden county, provided statistics around reported sexual assaults in Chittenden county.

"There were 228 reported sexual assault cases in Chittenden County in 2018 alone," Demar said.

"I think if something were to happen to me I would probably just run"

-Kelly Cullen, '21

The recent headline-news of 23-year-old Olivia Ambrose, a young woman from Boston who was kidnapped and found alive on January 19, has generated conversation of 'stranger danger.' Students on campus often worry about this, most especially when walking to and from north campus [see Bring back the bus, page 14].

"As an art major I have to worry about getting to and from north campus, which can feel very unsafe," said Kelly Cullen, '21. "I've heard many stories about people walking to and from north campus, like cars slowing down, or people trying to talk and get your attention. I don't feel confident in my knowledge of ways to protect myself. I think if something were to happen to



PHOTO ILLUSTRATION BY MATT HELLER

Clea Edelman, '21, poses by a blue light emergency phone in front of Canterbury Hall, on Tuesday night. Blue lights offer just one resource on campus for students in danger.

me I would probably just run."

When topics such as these come to light, it opens up the conversation of safety awareness, and what we as a society can do to stop these events from happening, Babcock said.

"It makes people have conversations, and if people take action learning about it, and training, it can be good," Babcock said. "If people just see this and it causes anxiety, and they don't do anything about it, it makes us more anxious as a society. Us having more access to information increases our responsibility to do something."

Fear around recent tragic news can offer an opportunity to bring forward these taboo conversations, allowing a platform for discussion, said leader of the Feminist for Equality Club Monique Gardon, '21.

"The publicization of these events sort of brings it to the foreground and makes us more aware of it," Gardon said. "If we're not talking about it, and if something happens to somebody, they're not as eager to come forward. It's a more intimidating thing to talk about." Demar and Babcock offer simple suggestions on how to take precautionary measures.

Make a plan, stick to it:

"Have a plan about who you're going out with and where you're

going, and stick to that plan," said Babcock. Before heading out, discuss a process for changing the plan, and don't split up, he said.

Never walk alone at night, said Demar. Part of that is to never stay at a party after your friends leave.

Put away your phone.

"When we're on our iPhones or Androids or whatever it may be, we kind of lose focus on what's going on around us," Demar said it's compounded by a social environment with alcohol, drugs.

Follow your gut, and don't trust too easily.

"Don't trust someone when you first meet them, because you don't know who they are," Demar said. "I don't want people to fear that everybody is malicious and is going to cause you harm in some way shape or form, but don't trust them. Listen to your sixth sense. If something doesn't feel right, it probably isn't."

Take a self defense course:

Take advantage of the rape, aggression, and defense [R.A.D] course offered at St. Michael's every semester, Demar and Babcock both suggest. The class is only taught for women, and focuses on how to protect yourself against an attacker.

"Everybody should know some basic self defense," Babcock said. "Everybody should know some basic survival information. In the R.A.D class, it's not only about how to hit somebody. It's also about situational awareness."

The BIGGER picture

The root of the problem lies not within what young adults should do to protect themselves against an attacker, but how to prevent the attack from happening in the first place, said Gardon. This would involve a social shift, focusing on holding men accountable for their actions, as opposed to only expecting young women to take steps in protecting themselves, she said.

"In the now, we can't enact a total cultural and social shift to make men accountable for their behavior," said Gardon. "Just seeing their response to the Gillette ad [see Gillette calls out men, page 5] shows that our society is sort of screwed up, and the people who need to change aren't ready to make that change."

Escalating this cultural shift starts by taking a stand against the "boys will be boys" mentality, and teaching boundaries and respect to younger generations, Gardon said, adding that it will also involve addressing issues surrounding male aggression.

"People should be able to go out, and feel safe, and not think that they need to go to the bathroom with a friend," Gardon said. "In a townhouse, I should be able to go upstairs to pee and not worry that anybody's following me. For that change to happen, it needs to be from a young age, teaching boys and girls about general respect for everybody."

Take a self-defense course!

Rape, aggression and defense classes are free for students. The next R.A.D. classes will take place:

• March 25, 26

• April 1, 2

Mondays and Tuesdays from 6:00-9:00 P.M in the Pomerleau Alumni Center. For more information or to register, contact one of the following instructors:

sparizo@smcvt.edu | sbessette3@smcvt.edu | jwatson3@smcvt.edu | jslater@smcvt.edu | sboutin@smcvt.edu

Tarrant weight room raises student concerns

By Matt Heller
Photography Editor

On a normal weekday, Matt Demmler '21 will go to the gym around 3 p.m. While he doesn't mind a crowd, he does get frustrated when there are not enough benches and squat racks, among other equipment. He also wishes he could use the cable machine, but that has been out of order for the much of the past two school years.

"This is my sophomore year, second semester. Some of the stuff that's been broken since my first semester freshman year is still broken," Demmler said.

Demmler, of Wellesley, Mass., said he gets excited to go home to use a "functional" gym where he doesn't worry about getting injured.

The weight room, part of the \$5 million Jeremiah J. and Kathleen C. Tarrant Student Recreation Center, was dedicated in October of 1994.

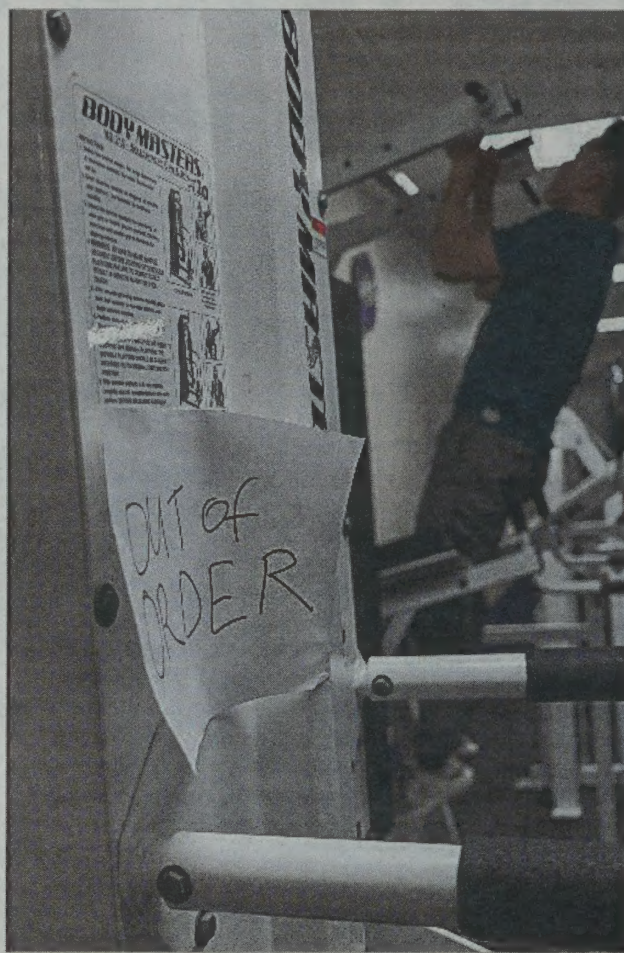
This past September, Chris Johnson '21 voiced his concern about the weight room through a Facebook post to the Saint Michael's College Class of 2021 page. Johnson alluded to the faulty seated calf machine.

"My buddy almost broke an ankle on the sitting calf machine because the seat isn't even attached," said Johnson in the post.

Preventative maintenance is done twice a year, according to Brian Lang, Director of Internal Athletic Operations. Lang said that faulty equipment is put on a list to be addressed during the semi-annual maintenance, but emergency maintenance may be needed for heavily-used equipment or if a lot of machines stop working. While the primary allocation is the Tarrant weight room, the process also applies to the Dion fitness center, opened in 2013, and the varsity weight room, opened in 2012.

On a recent Friday, multiple machines were out of order including, the selectorized chin and dip machine, the cable machine, a leg press machine, and a

Chris Johnson, 19, adds a 45 lb. plate to a bench rack in the Tarrant Recreation Center weight room on Monday, Feb. 4



PHOTOS BY MATT HELLER
An out of order sign is taped to the selectorized chin and dip machine while Chris Bittel, 19, does pullups in the Tarrant Recreation Center weight room on Sunday, Feb. 10

treadmill.

Both Johnson and Demmler mentioned the lack and ineffectiveness of pins and clamps. Pins, which are placed to determine how much weight will be lifted on the machine, are usually allocated to a single machine via a small cord. Many of the pins in the Tarrant weight room, however, are not allocated to a single machine, and some don't fit properly to the machine they are placed in.

Spring clips are used to support weight plates on barbells. Demmler is concerned that some of the clips in the Tarrant weight room do not serve their purpose.

"A lot of the clamps are really bent and out of shape and not tight at all... plates will just fall off. That could cause serious injury," he said.

According to Lang, 20-30 student employees work with the Tarrant weight room. Their main job is to sign people into the gym, assuring that they are St. Michael's students, staff, faculty, or approved military personnel. They are encouraged to clean but have no specific cleaning duties. Janitors mop the floors, but do not touch the equipment. Cleaning wipes are available to gym users, but Lang is working to create a system where certain parts of the gym would be cleaned at certain times throughout the day by student employees. Additionally, he would like to see the return of rags and towels to the cleaning process, stating it would be a greener option.

"Gym cleanliness and the condition of equipment sets the tone and attitude of the environment," said Sara Franco, an athletic trainer and a co-owner of 802Crossfit in Essex Junction. In an email, she highlighted the

importance of cleanliness and the condition of equipment.

"When our environment is well kept, we take pride in it. When things are run down, we feel run down." She added, "Each member knows the order in which things are put away, and they are put away the exact same way every time. Simple acts such as these make it so that the next person wants to put things back in an orderly fashion."

In the Tarrant weight room, as part of the mid-year plan, weight plates were replaced, and machines or benches with rips will be reupholstered. Lang also mentioned that a work order has been placed to remove some broken equipment.

Regarding the purchase of new weight plates, Demmler commented, "New plates is a good first step...but it's not what the gym needs immediately in terms of changes."

Although Lang does not have statistics regarding the use of the Tarrant facilities, he did say that gym use has increased. A study by NIRSA: Leaders in Collegiate Recreation, shows that about 75 percent of U.S. students use on-campus recreation centers and programs. According to Statista, gym membership in the U.S. rose from 32.8 million memberships in 2000 to 60.87 million in 2017.

"No one was prepared for this increase in health and wellness. To be honest, it's the best thing that could happen for our society," said Lang. "People are just more health-conscious than they were historically. This gym was built with that old philosophy in mind...We have to start at the basics, replace everything, make it start from the baseline and then work our way up," he said.

"I just hope they can fix it, and therefore that might attract more students to go to the gym and be healthy, be in a healthy state of mind," Demmler said. "It is kind of depressing to go to a gym with a lot of old stuff, and if we are trying to promote mental health, a good gym, a new gym, would be a really good first step."

Questions/Concerns?

If you notice any problems with gym equipment or have any questions, you can contact Brian Lang at blang@smcvt.edu

Chris Johnson, 19, deadlifts in the Tarrant Recreation Center weight room on Monday, Feb. 4



Gillette calls out men, campus agrees

By Hannah Hession
Staff Writer

In a controversial ad released last month, Gillette, the razor brand owned by industry giant Procter & Gamble, told men they need to be better.

The ad, part of a new campaign to attract younger customers, confronted the issue of toxic masculinity and challenged men to be the best versions of themselves. The almost two-minute commercial depicts instances of bullying, sexual harassment, and catcalling followed by scenes of men breaking up fights, standing up for women, and holding other men accountable for their actions. Drawing on the message of the #MeToo movement, the razor company called for their male customers "to say the right thing [and] to act the right way."

"I think it's especially important that this ad asks men to step up and call out issues of gender discrimination," said Samantha Donahue '21. "In my experience, women's struggles and complaints often go ignored."

In addition to the commercial,

Gillette also pledged to donate three million dollars in the next three years to non-profit organizations aimed at helping men "achieve their personal best." In a statement published to their website, the multinational corporation wrote that it feels a responsibility to promote "positive, attainable, inclusive and healthy versions of what it means to be a man."

"It's about time a major corporation took on the idea that toxic masculinity is a real thing," said Traci Griffith, professor of Media Studies, Journalism & Digital Arts. "Toxic masculinity is about reinforcing masculinity to the detriment of other genders. But in the same way that men can develop toxic ideas and understandings of gender and dominance, they can also learn differently."

Since its release in mid-January, the ad has been viewed over 28.5 million times on YouTube alone and has gotten significant coverage from mainstream media. Though the campaign has garnered praise for its progressive stance and positive message, it has also faced extreme backlash.

Piers Morgan, a prominent British TV personality, has become the celebrity face of the anti-Gillette movement. He tweeted, "I wasn't aware that all men are presumed to be horrible human beings until they get shown a better way of behaving by @Gillette. Let boys be damn boys & men be damn men - and stop this damaging war on masculinity." Morgan also expressed, in an article he wrote for the Daily Mail, that he feels Gillette is shaming men for being masculine and portraying all men as monsters.

"The entitlement and abuses of power by men is being loudly questioned and the entitled don't like being held accountable for their actions," said Shelley Vermilya, professor of GS-204 Men & Masculinities. "The Gillette ad offers a counter narrative to the rough, tough, toxic man that plays such a role in American attitudes about masculinity." Vermilya believes that toxic masculinity and traditional male ideals, the very things the ad targets, are what fuels the anger that some men feel toward this ad.

Many people, including loyal Gil-

lette users, were insulted by the ad's insinuation that everyday men might not be "good enough." They have accused the company of being "anti-men" and pledged to boycott its products. While a considerable opposition to Gillette sprang up around the world, only positive responses could be found on St. Michael's campus. A KnightsList post was created to allow individuals angered or insulted by the ad to voice their opinions, but no one stepped forward to express their grief.

"I have no idea why anybody would be angry with this [ad]," said Damian DiGiulian, head coach of men's ice hockey. "As a man, I don't see the Gillette commercial as telling me I'm bad. They're just saying that we can all do better."

Despite the controversy, Gillette is standing by their new campaign. In response to the backlash, Gillette said that they expected some debate, but they believe open discussion is necessary for change.

Get rich off You-Count events

By Bryn Churchill
Staff Writer

Looking to make a quick Knight buck? Student's are now turning to YouCount's re-launch incentive program, aiming to bring in students of all ages while re-energizing the YouCount student's know now.

YouCount is a program on St. Michael's College campus best known for co-sponsoring events, such as bringing in guest speakers. In the past when students attended YouCount events, their knightcard would be swiped, entering their name into the housing lottery. In an effort to increase attendance at YouCount events, organizers have prompted a YouCount re-launch. Changes include integrating YouCount into first year seminars, and using "knight bucks," redeemable at Friday Night Dry, to enter raffles to win prizes.

"We started Knight Bucks, where students will receive 'cash' for attending and participating in programs," said Kimoi Seale, Coordinator of Multicultural & International Programs and Educational Initiative involved in the re-launch. "We're doing a lot of work with the RA's as well in terms of how to get their residents to programs. I think highlighting the Knight Bucks and tying that in with Friday Knight Dry is a push to get those upper class students involved."

One main incentive to go to YouCount events is that the more programs

you attend, the greater the chance of getting better housing. However, some students don't even know about this benefit, eliminating the incentive for attendance. "They need to be publicized more" said Katie Leonard '19.

Leonard often is unaware until she is required to attend or finds out from peers around campus.

"YouCount is for everyone," Seale said. "There is a myth amongst seniors that it's not for seniors, but I think that was more in the past. If you're going to change culture, it's much easier to target those students who are coming in. It's new to them...they absorb things differently than say, students who have been here. However, I think we need to think a little bit more of how we're going to capture other groups as well."

Many first year students already see YouCount events as a main part of their academic curriculum, whether that be attending YouCount events on their own with friends, or going as a part of a class.

"As freshman, we have to go to a certain amount of events," said Bonnie Gills, '22. "I know some of my professors are requiring me to go to YouCount. It's important. [YouCount] is supposed to bring together a community."

This semester, YouCount is piloting with a number of first year seminar professors who are requiring their classes to go to these programs as a part of the curriculum. Seale said that

this integration is just to get the first year cohort more engaged in the programs on campus.

"The whole idea is to just expose

students to different ideas that they might not necessarily be aware of, and also to complement the instruction they're getting in the classroom,"



PHOTO BY MATT HELLER

Last man standing: Bergeron houses one male counselor



PHOTO BY MATT HELLER

Ryan Stanton, a Personal Counselor in the Bergeron Wellness Center, sits in his office on Wednesday, Feb. 13

Lily Bonadies
Multi-media Editor

This year, following the departure of a male counselor, the campus's Bergeron Wellness Center has only one remaining male counselor, com-

pared with two female counselors, and no male nurses or nurse practitioners.

"Having Nick leave was a big loss," said counselor Sarah Klionsky by email, referring to the departure of Nick Hunter, who resigned from

his position to pursue a private counseling business. "He was a full-time clinician here and contributed a lot to our center, both in terms of meeting student needs for counseling and in his general contributions to the culture."

Although the staff enjoyed having Hunter, Director of Counseling Kathy Butts said that it hasn't impacted students' ability to choose whether they want a male or female counselor. "Whenever any student makes a request, we try to accommodate. We have not yet had a situation when we were not able to meet that request."

Still, she added, Bergeron hopes to expand its staff. "We are very interested in having a diverse staff here at Bergeron, so having another male counselor and a male NP would be great, as would having more diversity on our staff generally."

For his part, counselor Ryan Stanton, who has been at St. Michael's since 2012, said that he's used to working with more women than men but also appreciates having a team that's as inclusive as possible.

"In my experience, it's fairly typical in the field," Stanton said. As it turns out, this gender gap is part of a bigger trend in the field. Accord-

ing to the American Psychological Association, an average of 2.1 female psychologists have entered the market since 2013 for every male.

"I have appreciated teams that are gender diverse, but more specifically, diverse regarding all social identities," Stanton said.

All three counselors at Bergeron said they see slightly more female than male students and when it comes to finding a good fit for a counselor, gender is clearly not the only consideration.

"The more diverse we can be as a Wellness center, regarding gender identity, sexual orientation, race, ethnicity and ability status, the better," said Stanton. "Ideally, folks find a good fit with a counselor, [and] are able to create a safe and trusting environment in which to do the work they want to do."

The counselors typically get busy in the beginning of the semester and towards final exams, and the center typically tries to accommodate all students by placing them with a female or male counselor, depending on their preference.

"The next time we have the opportunity to hire, we will certainly again have a focus on diversifying our staff generally," said Klionsky.

Don't get caught with the flu

Leanne Hamilton
Arts & Culture Editor

At 2 a.m. on a recent Tuesday, A.J. Benway '18, found himself on the way to the hospital, driving from his home in Bristol, to Porter Hospital in Middlebury. It started off with a mild stomach ache, then came the vomiting. He couldn't even hold a small sip of water down. Then came the 102 degree fever. He was so dehydrated when he arrived at the hospital that he needed he needed two bags of IV fluid to replenish the fluids he had lost.

The flu is no joke. It comes on fast and without warning and it can get bad, very bad. In fact, in Vermont alone there have been xxx cases of flu reported this winter. At least four of those happened on the St. Michael's campus.

While for most people the flu will be a miserable two weeks, it can lead to more dangerous risks, and even death.

Being on campus students are exposed to many illnesses, the flu being one of them. There are only four confirmed cases of the flu on campus, said Mary Masson, director of the Bergeron Wellness Center. While the number is low, she said she expects more cases to crop up with everyone now back from break.

The flu can wipe a student out for 1 to 2 weeks. Masson said students should take it seriously, and follow these tips on how to stay healthy this winter season:

- The flu is spread by respiratory droplets, so it is crucial that when you cough or sneeze that you do so into your arm and not onto someone else
- Keep a fever down with ibuprofen (Advil) or acetaminophen (Tylenol), drink plenty of fluids, and get rest/sleep. Medications that are prescribed, such as Tamiflu, have to be started within 2-3 days of the symptoms and the medication only decreases the duration of the flu by 12 hours! "If

you have the flu, call or come to the Bergeron Wellness Center and we can give you a 'flu kit' to help with symptoms," Masson said.

• It is NOT too late to get a flu shot. Go to a local pharmacy such as the CVS on Church street or Rite Aid on main street



PHOTO BY LEANNE HAMILTON

The usual flu essentials on Wednesday, Feb 13

IS IT THE FLU OR COLD?

The easiest way to tell the difference between a cold and the flu is that colds tend to come on slower. The flu is a virus and once it comes you can't stop it.

The classic symptoms for the flu includes:

- high fever
- body aches
- chills/sweats
- a dry cough.

'Not all pooches love smooches'

Leanne Hamilton
Arts & Culture Editor

Coming off a stressful semester, Alex Muskat '19, decided it was more beneficial to keep her emotional support animal, Winnie, home in New Hampshire than with her here on campus. Last semester her busy schedule meant she couldn't give her pup enough time and she didn't want that kind of stress to fall onto Winnie again. As more and more dogs come to campus as emotional support animals and in therapy roles, animal advocates say their human companions need to think along those same lines of protection.

Dogs can provide a great benefit to many students in easing their stress levels, but what about when dogs get stressed by neglect from busy student schedules or loud, late parties, or too much attention? This environment is very different from the one they may know at home. It is important to take into consideration other ESA dogs on campus whose patterns may not be the same as your dog's.

"Not all pooches love smooches," said Deb Helfrich, owner and co-founder of Gold Star Dog Training in Fairfax Vt, who has studied just how to tell when our dogs are trying to tell us what is wrong.

"They

experience our world a lot differently than we do. You should

respect your dog's personality and not push it to be something it's not," Helfrich said. "Your dog may not be a social butterfly and that's ok. We should learn from our dog's stress signals and triggers, the different patterns they perform to let us know what they need." when it comes to the well-being of dogs, Helfrich said that body language is key. "There are factors such as new people, a new environment, a new schedule that affect the dog's comfort. Watch how they react." If you notice your dog sending signs of stress, such as growling and tail tucking (see Common Signs of Stress, bottom right) the best thing to help your dog is to change the situation. "You can also redirect your dog by choosing a behavior they know and have them do it. It gets their focus away from the current situation causing them stress" Helfrich explained.

After a conflict or stressful encounter, a dog will shake off or yawn in re-

sponse to releasing tension, similar to the way we take a deep breath when we get overwhelmed. The eyes are the most telling part on a dog. It is also important to note that a tail wag does not always mean to approach a dog. If the tail is upright and stiff, it usually indicates arousal, awareness, or stress. Oftentimes a dog will lower its tail and do a kind of swoop indicating everything is all good. However, certain breeds like the cocker spaniel, don't really have a long tail so you really have to watch the body language.

As far as animals being on campus, the man that handles the tail-end of the process is Brian Lee, Assistant Dean of Students. To have a support animal on campus, students need to go through a number of steps. First you talk with Mary Masson of Bergeron Wellness Center about getting a recommendation from an off campus therapist. Then the animal has to be ok'd by everyone that would be living with the animal, like roommates. Finally, you reach the part of the process that Brian Lee handles, the approval and your name on the master list. Once you have been approved, you are good to go for your time at Saint Michael's College.

Are there any regular check-ins to see how the animal doing? "There

"We should learn from our dog's stress signals and triggers,"

-Deb Helfrich, owner and co-founder Goldstar Dog Training

is an informal process that handles situations like that," Lee said. "These students that have been approved are ones that we see regularly and talk with to see how everything is going. We hope that if things ever become too stressful the student will step forward and we can help." Alex Muskat thought check-ins are more beneficial for everyone in the situation, even if it is just by email. "These check-ins, no matter how informal, are beneficial. They alert the college to any potential problems. As well, the roommates can alert both the owner and the college of any problems that may not have been apparent beforehand."

Lee said there have been very little complaints from roommates on issues with ESAs, even if there were to be one, housing does what they can to come up with a solution. "We rarely have a living situation that doesn't work out. If the roommates should

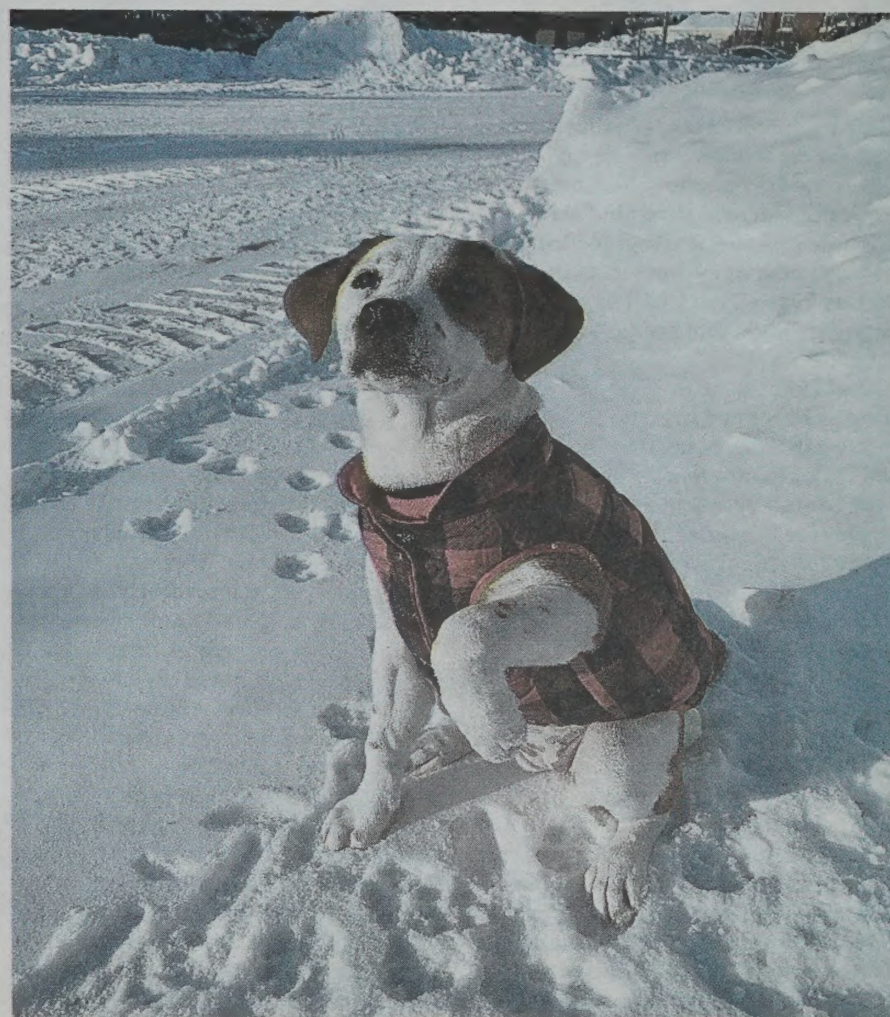


PHOTO BY KATY KONOW
Lily, an ESA pup at St. Michael's, spending some time in the snow outside Canterbury Hall sporting her flannel jacket.

change their mind, or it just isn't working in that particular arrangement, we will find the student somewhere it will work out." The input of even the students who don't need an emotional support animal is important too, Lee said. "We want these students successful; if an emotional support animal is what will help them succeed then we will help with that. If those without the need of these animals are having problems, we want to work with them too. We want it to work for everyone."

While the role of an ESA is to help students out, their well-being is top priority. Muskat says that even though having Winnie on campus is a huge help with her anxiety and stress, its Winnie's well-being that comes first. "Having personal experience with this, given my busy schedule this semester, I would be out of the apartment up to six hours at a time. Winnie is an extremely social dog and gets depressed when alone for long periods of time. I knew it was better for her to stay at home where she will be happier." While she misses having Winnie here on campus, she stands by her decision wholeheartedly.

If you're concerned about the well-being of an animal on campus, Lee said you can contact him in the Student Life office. To help ease the stress of animals, learn how to identify

the signs your dog may be giving.

Signs of canine stress:

- Hard/whale eyes (bug eyes or fixed stare)
- Shaking, panting, drooling
- Teeth showing
- Growling
- Tail tuck
- Hackles (fur standing on end)
- Ears pinned back
- Sudden dandruff
- Sudden body odor
- Making itself appear small

30 days waste free: Will I make it?

By Caitlin Holmquist
Environmental Editor

On a recent morning, after laying in bed for far too long, letting myself get sucked down the rabbit hole of Youtube videos, I stumbled across a whole genre of waste-free living videos and a trend known as the 30 Day Waste Free Challenge and thought "Huh, that seems cool. Maybe I should try!"

But later that evening as I grabbed my face wash from beneath the sink I wondered: how could I ever live a waste free lifestyle? All of my toiletries come in plastic tubes and bottles. Is it really possible to live zero (or low) waste, to avoid buying or accepting anything that comes in packaging (whether that be plastic, paper or metal) and to stop throwing away all my food scraps, for which I am unfortunately notorious.

On Saturday, January 26 I put my fears aside, took a leap of faith (an educated one) and dove head first into the 30 Day Waste Free Challenge. I want to see if this lifestyle that is promoted by affluent bloggers and activists, who have the luxury of living in warm climates where farmers

markets boom year round, is possible. Can I as an average 20 something year old living in a sub-zero winter climate practice a "zero" waste lifestyle? We shall see as I share my experiences on this adventure!

After two and half weeks of attempting to live waste free I have already built up an unfortunately long list of fails but with all of my mistakes I learned, which is what this whole experience is all about. All of

my missteps have been due to a lack of planning, and as I've discovered that's what makes all the difference. Because twice now I've used plastic containers, once as a result of an impromptu grocery stop and another because I desperately wanted to take home my oh-so yum-

my home fries from Athens Diner (do you blame me?).

I may only be half way through this challenge, but it does actually seem like an almost achievable lifestyle! I say "almost" because I do not believe that living zero waste is possible unless you are living a hunter-gatherer life and just say no thanks to 21st century norms. My main concern going into this was if it would be affordable, and if I would be able to find plenty of food to eat, and I can easily answer yes to both! I have spent less than \$20 on groceries because I am no longer buying random foods that I simply want (and will probably sit in my cupboard mostly uneaten). I am still able to

You might be wondering; "what can she eat since everything comes in packaging?"

Well have no fear, the possibilities are endless and lack nothing in the flavor department!

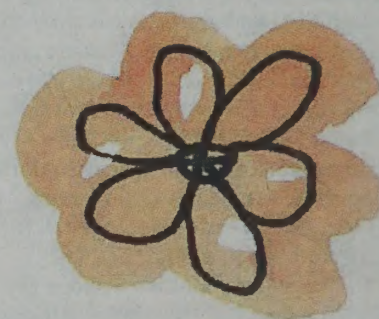
actually make really yummy and satisfying meals by mainly shopping in the produce section, and it's so much healthier!

For the sake of this challenge I have been a waste free extremist of sorts in regards to what I buy, and while it does seem a sustainable lifestyle, I could really go for a jar of pickles and some tortilla chips right about now (weird combo I know, but we all have our guilty pleasures). So I have to admit that moving forward I will definitely buy the occasional bag of chips that come in such lovely plastic packaging (gasp). But ultimately my awareness of my own habits has changed drastically as I have realized that for someone who thinks rather highly of their environmental consciousness I buy so many unnecessary items (think of all those Amazon orders and the excessive packing they come in YIKES) and many of these products can be purchased in a far more environmentally friendly way if you simply put the energy into doing so.

Lessons I have learned:

Keep spare reusable bags in my car and always carry a container for any food I may want to take home. Keeping a bag or two in your car for those impromptu grocery trips is easy, but I will admit it is somewhat more inconvenient to always keep a container on me. I prefer glass which is rather heavy and I had to switch from my usual little purse to a slightly larger (but still cute) backpack. But hey our Earth is worth it, right?

See Defender.smcvt.edu for the next chapter of my journey.



The author making her morning omelette and two new vegetarian recipes: (top left) egg and veggie stuffed pepper, (bottom middle) 3-ingredient pancakes



The author doing her weekly grocery shopping trip to Trader Joes



PHOTOS BY CAITLIN HOLMQUIST

10 ways to go green, NOW!

By Caitlin Holmquist
Environmental Editor

Do you get as depressed as me by the headlines of animals filled with plastic and pictures of our ice caps melting? After logging onto Facebook and scrolling past yet another stream of headlines screaming about global warming and pollution I thought, "Ok, how can I become a greener person?"

This led me to reach out to biology professor Karen Talentino and senior Elly Moore who run our Sustainability Committee, as well as Brittany Johnson (head of Green-Up) to get their expert opinions. There are many small changes you can make to your daily habits

that will help improve your environmental impact, but here are a few easy ones to consider:

1. Re-use containers. So often our groceries come in plastic or glass containers. Simply wash them out rather than buy new tupperware or overpriced mason jars down the road! This also applies to re-usable water bottles! "One plastic bottle takes 400 to 1000 years to decompose," Johnson said.

2. Make the switch to bar soap. It cleans hands the same, but a bar doesn't leave you plastic container that will never decompose at the end! But no need to worry about drying your hands because "all paper towels on campus are compostable" - Talentino reminds us.

3. Invest in reusable food covers! Beeswax wrap offer a great alternative to plastic wrap. They come in super fun prints and are a great way to support our buzzing bumbly friends! Best of all you can get a variety pack for about \$15 and they last for years.

4. Convert to a menstrual cup. The average woman will use 12,000 to

16,000 disposable pads, pantyliners, and tampons in her lifetime. Switching to a reusable option has a big impact on waste, and your wallet.

5. Repurpose old t-shirts, sweatshirt or sheets as cleaning rags.

6. Instead of dryer sheets use dryer balls, which last for years! Or even better, just let your clothes air dry and save even more money and energy.

7. Buy second hand. Most people don't think the clothing they wear has an environmental impact, but the clothing industry is one of the biggest consumers of natural resources and producers of waste.

8. Commit to meatless Monday. "This can reduce your carbon footprint by 50 percent" - said Johnson

9. Walk more. Do you really need to drive from your house to the gym? For every gallon

of gas burned you are emitting 24 pounds of carbon dioxide and other global warming

gases into the environment. Not to mention, the fresh air and exercise help your physical and mental health.

10. Get creative! If you forget your to-go container have no fear "people can just ask their Einsteins server to put the bagel right in their hand and save the little bag it typically comes in" - Moore said



Interested in green products?

- **Amazon:** Honeybee - Beeswax Wrap For The Conscious Human
- **Target:** Diva Cup
- **Amazon:** Ontel DryerMax Laundry Dryer Balls

ILLUSTRATIONS PAINTED BY CAITLIN HOLMQUIST

You're recycling wrong & it's harming our Earth

By Caitlin Holmquist
Environmental Editor

Does it really matter if I don't wash out my yogurt container before I toss it in the bin? What's the matter with a little tape on that cardboard box I just broke down?

"You toss just one orange peel into the blue box, you ruin an entire batch of recycling," said Brittany Johnson '20, the head of Green-Up. These little things matter.

Many people still don't take the time to properly recycle because they doubt their efforts alone have an impact. But Eco-rep member Gabby LaRiviere '21 argues that "as cheesy as it sounds, one person can make a difference." so it is crucial that we all put our best (green) foot forward and take responsibility for the Earth we live on.

When I did a casual survey of community members, friends and family who all recycle, I discovered that only 14 percent actually knew the ins and outs of recycling despite their interest in protecting our environment. This number is troubling because not knowing the rules of recycling causes 8 million metric tons of plastic to be dumped into the ocean annually according to National Geographic.

What's Recyclable:



- Plastics marked #1 through #7 (look on the bottom - red plastic cups are #6, so they're ok)
- Newspaper
- Cardboard (corrugated boxes, cereal & cracker boxes, etc)
- Paper grocery bags
- Magazines, junk mail, stationery and envelopes (even window envelopes are ok)
- Glass bottles & jars (empty & rinsed)
- Aluminum/tin cans, foil, trays (again, rinse them out first)
- All plastic food containers marked #1 & #2
- Microwave food trays

What's Not:



- Plastic wrap
- Plastic grocery bags
- Pizza boxes (because of the grease)
- All wax laminated cartons/containers (milk and juice cartons)
- Styrofoam (including disposable coffee cups)
- Frozen/microwave food boxes (trays are ok)
- Wax cereal/cracker box liners
- Paper towels, napkins, tissue paper
- Paper plates, soiled paper
- Aluminum foil boxes
- Fast food wrappers
- Food waste

Remember, if an item is covered in food, it is not recyclable. Food is one of the worst contaminants in the recycling process, and some estimates put the costs of irresponsible contamination in the neighborhood of \$700 million per year industry-wide*. So please be sure to rinse out cups, cans, jars, etc before throwing them in the bin. Thank you!

GRAPHIC BY: WPROVIDE

Recycling by the numbers:

- **71 million tons (29%) of paper ends up in our waste system instead of in the recycling.**
- **Each year the United States produces enough plastic film to shrink-wrap Texas.**
- **Recycling steel and tin cans saves 74% of the energy used to produce them.**



When you just don't get along: Tales of roommate horror stories

"My roommate used to borrow and take things without asking, including my deodorant which I unknowingly was sharing with her for over a month."

By Marlon Hyde
Staff Writer

"I asked my roommate to do her dishes and then she proceeded to block me on everything and move out and said I was a horrible person and that's the tea"

"My roommate wouldn't wear a bra and would borrow my shirts. Her nipples would chafe to the point where they would bleed and she'd give me back blood stained shirts."

Have you ever unknowingly shared deodorant with your roommate for over a month because she borrowed it without asking? Or been confronted by your RA because your roommate said you had the devil inside of you? What about not been able to sleep at night because your roommate refused to turn their desk light off? The list of terrible roommate experiences goes on and on. If you've been to college, chances are, you've had a bad experience with a roommate. We surveyed students to hear their horror stories.

Living with someone for the first time can be an awkward and scary experience. Many people have never shared a room with anyone before, let alone a complete stranger. Can I trust this person, you might be thinking? Will they steal my stuff or murder me in my sleep? What if they're a serial killer??

All across the country, students at colleges and universities change roommates. One of the purposes of Student Life is to help students navigate their new environments.

RAs and RDs are the first people to talk to if conflict arises.

"Residents from all over the building talk to me about their roommate issues and it's my job to

point them to the right resources," said second floor Ryan Hall women's Residential Assistant, Angelina O'Donnell.

There are multiple factors that go into someone being a bad roommate. Common characteristics include being messy, loud, mean, lacking communication and having an unofficial third roommate. Some may even involve illegal things in the room such as selling drugs and underage drinking.

"RDs attempt to mediate and solve a roommate issue before suggesting a room change. If a room change is necessary from there it is handled by Brian Lee," said Ryan Hall Residential Director, Olivia Mueller. She estimates as much as 15 people moved out of Ryan while 5 moved in.

Once Brian Lee is aware that a student is requesting a room change the next step is finding a new room. "I will sit down and meet with the student discussing possible places to live. I'll read off names of vacant rooms or give students a list of names," said Lee.

Their priority is finding somewhere where the student will feel safe and comfortable. "My joy in this job comes from listening, acknowledging, and responding to students problems," said Lou DiMasi.

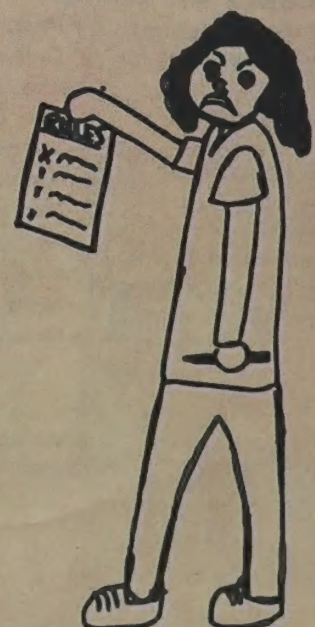
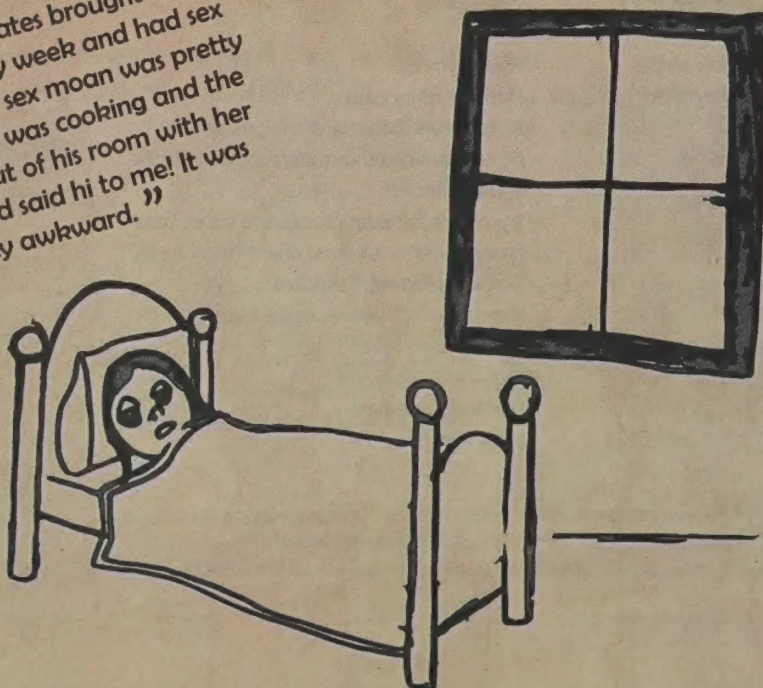
"My freshman year roommate told my RD that I had 'the devil in me' the day the two week room freeze ended and secretly moved out."

"I lived with a very OCD, clean person and she made all these weird ridiculous rules in a contract that she tried to force me to sign. Like not keeping shampoo in the shower, unplugging the microwave, no cleaning ANY dishes in the sink (whether it's a coffee mug, silverware or a dirty plate) even if it had no trace of food on it."

"My freshman year roommate never left our room except to shower once a week. When I asked her for some alone time in the room, she freaked out on me and transferred."

"My freshman year roommate was a HORRIBLE match. She would frequently be carried home passed out on weeknights and was so dirty and inconsiderate. It was so bad that we both requested to move out at the same time."

"One of my roommates brought home a different girl every week and had sex with them. Plus, the sex moan was pretty loud. One night, I was cooking and the girl just walked out of his room with her underclothes and said hi to me! It was pretty awkward."



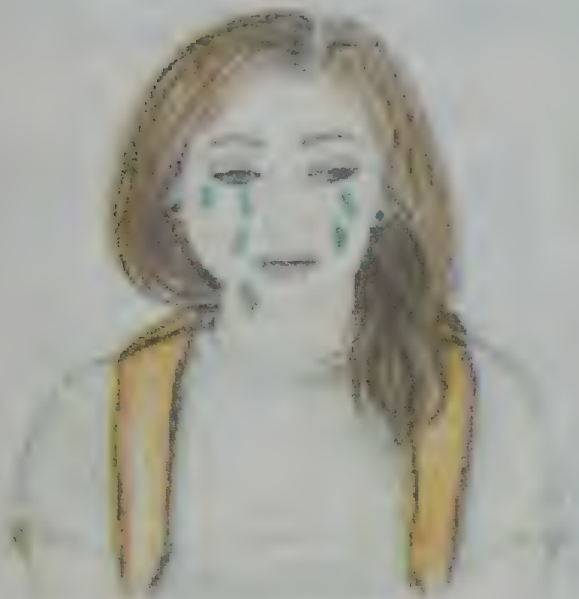


ILLUSTRATION BY KATRINA PIETZ

3 ways you can ball on a budget

By **Andrew Wierman**
Staff Writer

Finding it hard to stick to a tight budget? You're not alone. College is a new chapter in student lives, and buying food, gas and more on \$20 a week can be a challenge. Follow these three tips to earn a little extra money, and stretch your dollars

Finding REDEMPTION

At the Beverage Warehouse located just down route 15 in Winoski, you can trade cans for change. Of course that means scouring the townhouses and campus on weekend mornings to get there before maintenance cleans up. Every can you bring to the redemption center at Beverage Warehouse, gets you 5 cents, and every liquor bottle gets 15 cents. That doesn't sound like much but it's easy to pick up 200 cans on a Saturday morning, and walk away with \$10 in your pocket. Although, redemption centers are in decline, thankfully, this one is right around the corner. "A man traveled 20 miles saying this is the best for your buck," said clerk Marcello Shelzi '16. He said he remembered waking up the morning after a party, and tripping over the cans scattered across the floors of his dorm room. At first, he couldn't figure out where to put all of these cans. Finally, Shelzi realized that not only will the Beverage Warehouse take his cans, but also give him money in return.

Clippin' Coupons

Nowadays, coupons are everywhere. You can find them in the Sunday newspaper, in magazines or online. Justin Gaudreault '21

found apps to help him save money. Because Gaudreault does not eat at Alliot on a daily basis, he searches good deals through apps like Ibotta and UNiDAYS. "Ibotta includes so many stores like Price Chopper, Market 32, Stewards, Hannaford's, Lowes, Adidas and many more. Each of these stores runs deals on specific items," Gaudreault explained. "Then, when you make purchases, you get money back by using the app Ibotta." To claim your money, you must have a redeemable amount of at least \$20 dollars. The app UNiDAYS offers coupons to use at the stores listed above.

REWARDS, Rewards, Rewards

Some students are super enthusiastic about Hannaford's Rewards, which takes two simple steps.

1. Sign up online using a phone number.
2. When checking out just type your member number in and you automatically save two percent on Hannaford products, fresh meat and produce. Hannaford's Rewards sends their members online barcode coupons based on what they buy. No more worrying about remembering to bring paper coupons with you to the store. "I know it doesn't sound like a huge savings, but it really does add up," said Caitlin Holmquist '19.

Cupid or Stupid?

By **Erin Spence**
Staff Writer

After the buzz of the new year winds down, we begin to see symbols of the next holiday virtually everywhere. Colors of pink and red, boxes of chocolate, tacky jewelry, stuffed animals, and of course, heart shaped everything. No matter where you are, it is difficult to completely avoid the lovey-dovey holiday that is Valentine's Day. Although it is widely celebrated throughout the world, people have varying opinions about the holiday.

It may sound like a holiday of happiness and love, but the moment Valentine's Day begins to be advertised it can also bring a lot of stress. It's no secret that Valentine's Day is a very commercialized holiday. The endless ads for jewelry, flowers and chocolates try to lure people in to spend money in attempt to prove their love. It's no wonder that this brings feelings of anxiety, and the pressure to buy a perfect gift or even to just celebrate the holiday is ever-present.

Much of this stress comes from simply being in a relationship. Being on a college campus, I caught up with two students who recounted their experiences while in a relationship, and how their feelings towards Valentine's Day shifted during their time being single. "Since I'm single, this year I am planning on going out with some other single teammates. We're going to a Chinese buffet", recounts Chrissie MacLeod '22, of her experience with Valentine's Day. She noted that her idea of the holiday has changed from stressful gift exchanges to fun nights out with friends.

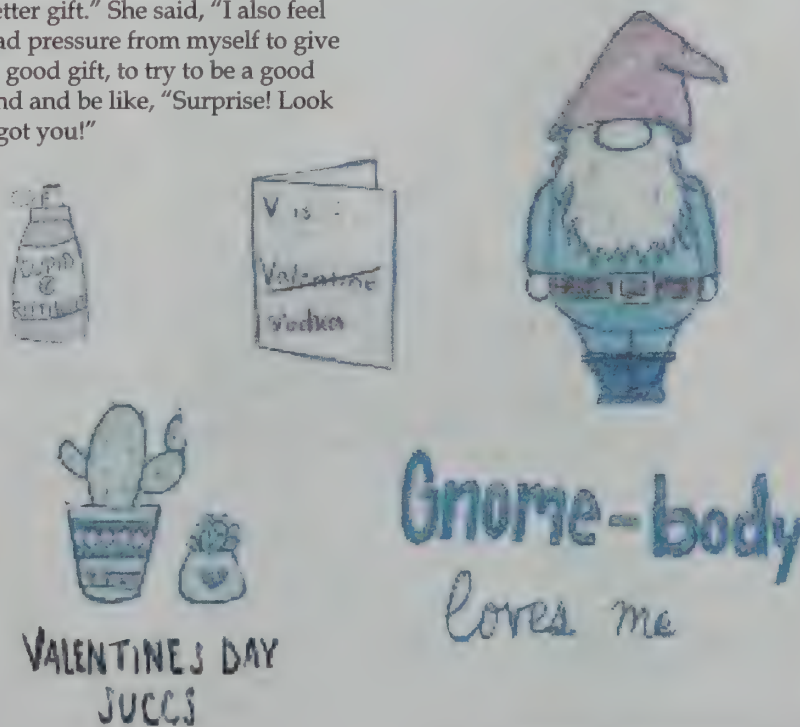
While in a relationship, MacLeod stated that she mostly saw Valentine's Day as "a competition to see who can get a better gift." She said, "I also feel like I had pressure from myself to give a really good gift, to try to be a good girlfriend and be like, 'Surprise! Look what I got you!'"

Of course, there is always the option to not celebrate the romantic day if it's not your style. However, MacLeod explains that there is somewhat of a social push to celebrate: "I feel like because of society you have to do something. Being single and alone without your friends on Valentine's Day is just very awkward."

Austin Lilley, '22, has also learned to change his feelings of stress towards the holiday to a celebration of friendship during his time being single. Like MacLeod, Lilley emphasized the stress surrounding the process of giving gifts while in a relationship. "The first year I really celebrated Valentine's Day, I was actually really stressed out because I didn't want to get something that didn't match my girlfriend's gift. I definitely felt pressure because we were a new couple and I remember my friends would ask a lot of questions about what I was going to get her. It was uncomfortable leading up to Valentine's Day, because we each knew we were getting each other something, but I didn't want her to outdo me or go too far."

Now that Austin is single, he has a much more relaxed view of the holiday. "Being single on Valentine's Day, now it's more about good friendships, teammates, and people I'm close with. I kind of just view it as an excuse to joke with my friends and get them chocolates or send them funny stuff."

However, Austin did state that once he finds the right girl, his Valentine's Day feelings may once again become romantic. "I think given the right relationship, or if you're with a girl you truly love or think you're going to marry, Valentine's Day will become a more emotional and special day for both of you."



ILLUSTRATIONS BY LEANNE HAMILTON

Does racism exist at St. Mike's?

By Meg Friel & James Koppelman
News Editor & Opinions Editor

In the weeks following Martin Luther King week, the discussion of racism was prevalent on campus, provoking The Defender to ask students, faculty, and staff of their view on racism on campus. We interviewed a number of people, of various backgrounds, ethnicities, and ages. We asked them one question: Do you believe racism exists on St. Michael's College campus?



"It's hard to say. I think most students are fine, and they aren't racist, but I'm not sure. But, I hear from some of my friends that maybe they receive some discrimination."

— Jiacheng Wang '19

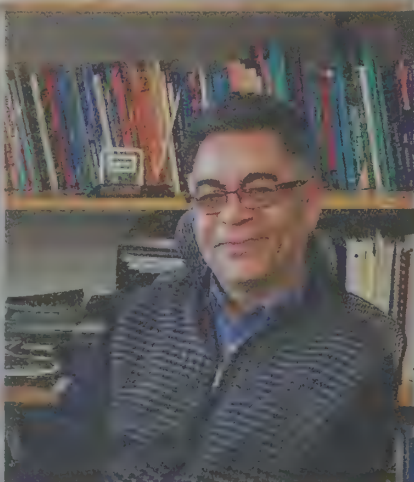
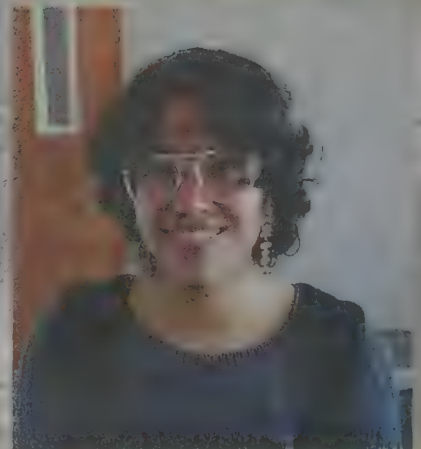


"Of course [racism exists on campus]. Last year there were a number of incidents, like the 'Black Lives Matter' flag was reported multiple times as a hate speech. It's like, no, that's not what it means. The fact that somebody was not willing to give it any second thought - they didn't look it up, they didn't even try to invest themselves on 'what does this mean' before they just condemned it, they just straight up condemned it."

— Marlon Hyde '21

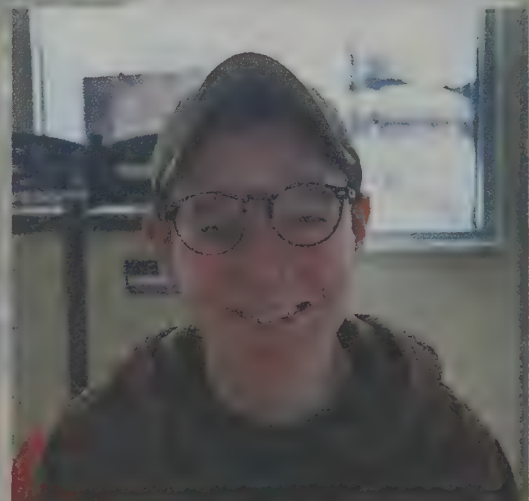
"Racism doesn't really exist on St. Michael's campus, but the words they use in certain aspects does exist. For example, when they talk to everybody it's normally like everybody is equal, but when they talk about immigrants in certain ways, it's applied in a racist way."

— Juane Lopez '22



"Well, I am sure it does exist. I personally have not seen any examples or evidence of it, but I think both the students, faculty, and staff can become a little more educated about what racism is. Sometimes people don't know what racism is, and as a result, might participate in conversation, or crack a joke, or show something on social media that could be considered racism."

— Mahmoud Arani, Chair of Applied Linguistics



"Racism is rampant in America, and St. Michael's is no exception. There were incidents after the 2016 election where a student of color had 'Trump' sprayed in shaving cream outside of her door, clearly trying to make her feel unwelcomed, like she had done something incorrectly, or against the status quo. I also did a lot of reading on a lot of different micro-aggressions, which is a very real form of racism, and one that I hear very much on this campus. One of my friends was an RA, and he was telling me that when he was doing rounds one night, a white student was ripping 'Black Lives Matter' signs off of doors."

— D McPhe '19

Should chivalry die?

By Katherine Martin
Executive Editor

Last week after work I was at a bar with friends getting a drink. Across the bar from us a man and a woman in their early thirties were on a date, seemingly a few drinks in and getting along well. When the check came, the woman hurriedly stuck out her card first, insisting on paying. Her date, less confidently, offered his card instead.

The male bartender hesitated for a moment before reaching across the woman's extended arm to grab her date's card. The scene drew attention in an otherwise small crowd and was received with claps and cheers. One man commented, "See, chivalry isn't dead."

I have a problem with this. As an employee in the restaurant industry myself, I know that protocol is to accept the first card given to you - regardless. This woman, who appeared completely capable of picking up the tab was patronized as the bartender

refused her card and took her counterpart's, simply because he was male.

Chivalry only seems to be applauded when it comes from heterosexual men. They buy a woman's dinner, hold the door open for her, and offer to lift heavy things. Sure, these are all lovely acts. But why are they not applauded if a woman does the same thing? When a man holds his date's door open, it's a grand romantic gesture. About an hour ago I opened the door for a stranger behind me at Cumbies, not because I found them incapable to do so themselves nor to flirt, but because it was a

or anyone else.

According to Google Dictionary, chivalry can be defined as "a readiness to help the weak."

Many men (perhaps this bartender) are unable to accept these acts in return without feeling a threat to their masculinity. Commending men for paying bills, lifting heavy things, and holding open doors while not allowing space for women to comfortably do the same reinforces the idea that men are superior--wealthier, stronger and more capable while women are less well

and more independent.

What is it then? Do women want chivalry or equality? I don't find the two to be mutually exclusive.

Supporting the equality of the sexes does not mean women aren't allowed to want and to expect a man to pick up the tab once in a while. Wanting equality means wanting the space to feel comfortable doing the same on the next date and expecting men to be able to receive this gesture with the same ease a woman is taught to receive it.

Does this mean a man needs to think twice before holding open a door for a woman? Absolutely not. But when a woman does the same for you, don't feel offended, or less than chivalrous. Simply thank her for the gesture. It is not sexist unless you can't accept the offer in return.

If we create an equal platform for men and women, the word "chivalry" will likely drift away, or find a new meaning. Picking up the tab, holding doors open, and offering a coat on a cold night will then fall under the category of "human kindness" something expected of all of the sexes.

"Do women want chivalry or equality? I don't find the two to be mutually exclusive."

nice thing to do.

That woman in the bar? She was left feeling chastised for wanting to pay. If that isn't sexist, what is?

I find defining acts like this as chiv-

off, weak, and dependent. Likewise, it puts an incredible amount of pressure on men to be the breadwinners, more physically built than their counterparts,



LEONARDO'S BASICS SAUCE & CHEESE PIZZA

SAUCES

Zesty Tomato
Olive Oil Garlic
Pesto Pine Nut
Thai Peanut
Barbecue

CRUSTS

Hand Tossed Traditional
Extra Thin or Thick
White
Certified Organic Wheat
Gluten Free

OUR DOUGH IS MADE WITH
KING ARTHUR FLOUR

PIZZA TOPPINGS

Italian Pepperoni
Hot Italian Sausage
Fresh Ground Western Beef
Cob Smoked Bacon
Marinated Chicken Breast
New England Baked Ham
Anchovy Filets
Sliced Plum Tomatoes
Freshly Cut Broccoli
Sliced White Mushrooms
Fresh Green Spinach
Sliced Red Onions
Shredded Potatoes
Sliced Green Peppers
Sliced Brussels Sprouts
Marinated Sun Dried Tomatoes

Sliced Jalapeno Peppers
Pepperoni® Peppers
Roasted Red Peppers
Chopped Garlic
Black Olives
Sweet Pineapple
Dried Cranberries
Marinated Artichoke Hearts
Chopped Pecans
Italian Gorgonzola Cheese
Greek Feta Cheese
Grated Parmesan Cheese
Flavorful Four Cheese Blend
Smoked Gouda Cheese
Vegan Cheese
Crumble Goat Cheese

AMAZING FRESH ROASTED CHICKEN

CHICKEN WINGS

REGULAR / HOT / BBQ / BUFFALO / THAI

PANKO CRUSTED BONELESS TENDERS

REGULAR / BBQ / BUFFALO / THAI

SINGLE (1 lb) \$7.60
DOUBLE (2 lb) \$14.10
DOUBLE DOUBLE (4 lb) \$26.15

TRADITIONAL

AMANDA'S SIX FEET UNDER

Tomato Sauce, Cheddar/Mozzarella Cheese, Chopped Garlic, Italian Pepperoni, Sliced Red Onions, Cob Smoked Bacon, Hot Italian Sausage

CLASSIC PEPPERONI DELUXE

Tomato Sauce, Cheddar/Mozzarella Cheese, Italian Pepperoni, New England Baked Ham, Sliced Red Onions, Green Peppers and White Mushrooms

HAWAIIAN ISLAND DELIGHT

Tomato Sauce, Cheddar/Mozzarella Cheese, New England Baked Ham, Cob Smoked Bacon, Freshly Cut Broccoli and Sweet Pineapple

MEAT LOVER'S REVENGE

Tomato Sauce, Cheddar/Mozzarella Cheese, Italian Pepperoni, Hot Italian Sausage, Ground Western Beef and New England Baked Ham

NICOLE'S BACON CHEESEBURGER PARADISE

Honey Barbecue Sauce, Cheddar/Mozzarella Cheese, Sliced Red Onions, Extra Ground Beef, Cob Smoked Bacon, Sprinkles of Gorgonzola Cheese

ROASTED CHICKEN BBQ

Barbecue Sauce, Cheddar/Mozzarella Cheese, Marinated Chicken Breast, Sliced Red Onions, White Mushrooms, Roasted Red Peppers with Mesquite Spices

TEXAS HOT BUFFALO CHICKEN

Zesty Tomato Texas Hot Sauce, Cheddar/Mozzarella Cheese, Spicy Chicken Breast, Sliced Red Onions with Gorgonzola Cheeses

LEONARDO'S WORKS

Tomato Sauce, Cheddar/Mozzarella Cheese, Italian Pepperoni, New England Baked Ham, Hot Italian Sausage, Freshly Cut Broccoli, White Mushrooms, Red Onions, Green Peppers and Black Olives

INSPIRED VEGETARIAN

EXOTIC GREEK ISLAND

Tomato Sauce, Cheddar/Mozzarella Cheese, Chopped Garlic, Sliced Red Onions, Fresh Spinach, Plum Tomatoes and Black Olives with Greek Feta Cheese

GOAT CHEESE HONEY PIE

Olive Oil Garlic Sauce, Cheddar/Mozzarella Cheese, Freshly Sliced Mushrooms, Freshly Sliced Red Onions, Thyme, Crumbled Goat Cheese with Drizzled Honey

GORGONZOLA GOURMET

Olive Oil Garlic Sauce, Cheddar/Mozzarella Cheese, Fresh Spinach, Plum Tomatoes, Marinated Artichoke Hearts with Gorgonzola Cheese

SMOKIN' GOUDA

Tomato Sauce, Cheddar/Mozzarella Cheese, Chopped Garlic, Fresh Basil, Sliced Red Onions, Pepperoni® Peppers with Smoked Gouda Cheese

VEGETARIAN WORKS

Tomato Sauce, Cheddar/Mozzarella Cheese, Fresh Spinach, Broccoli, White Mushrooms, Green Peppers, Red Onions, Plum Tomatoes and Black Olives

WHERE'S WALDOO?®

Olive Oil Garlic Sauce, Four Cheese Blend, Sliced Brussels Sprouts, Dried Cranberries and Chopped Pecans

VEGAN SALVATION

Olive Oil Garlic Sauce, Vegan Cheese, Fresh Spinach, Sliced Red Onions, White Mushrooms, Plum Tomatoes, Black Olives

MED \$15.10
LG \$20.35

SIGNATURE GOURMET

BASIL PESTO CHICKEN

Basil Pesto Nut Sauce, Cheddar/Mozzarella Cheese, Marinated Chicken Breast, Roasted Red Peppers, Sun Dried Tomatoes, Sliced Red Onions with Gorgonzola Cheese

FENNEL SAUSAGE GOURMET

Olive Oil Garlic Sauce, Cheddar/Mozzarella Cheese, Hot Italian Sausage, Fennel, Sliced Red Onions, Fresh Spinach with Gorgonzola Cheese

LA MEETS BRUSSELS

Honey Barbecue Sauce, Cheddar/Mozzarella Cheese, Sliced Brussels Sprouts, Sliced Red Onions, Cob Smoked Bacon, Sprinkles of Gorgonzola Cheese

ROASTED MAINE POTATO

Olive Oil Garlic Sauce, Cheddar/Mozzarella Cheese, Fresh Spinach, Sliced Red Onions, Shredded Potatoes, Smoked Bacon, Rosemary and Feta Cheese

THAI CHICKEN

Thai Peanut Sauce, Cheddar/Mozzarella Cheese, Marinated Chicken Breast, Sliced White Mushrooms, Red Onions, Green Bell Peppers and Freshly Cut Broccoli

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Cheesy \$5.75
Cheesy Garlic \$6.00

FRESH SALADS

Garden \$5.00
Caesar \$6.00
Spinach Pecan \$6.65

CINNAMON BUBBLE BREAD

Sea Salt Caramel \$5.50
Dark Chocolate Truffle \$5.50

DRINKS

16.9 oz

Honest Organic Ice Teas / Aides
Pomegranate Blue
Cranberry Lemonade
Honey Green Tea / Half & Half

\$2.35

20 oz

Coca Cola / Diet Coke / Sprite
Dasani

\$2.05

2 LITER

Coca Cola / Diet Coke / Sprite

\$3.15

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Transportation plagues North Campus

By Declan Donahue
Staff Writer

In 1950, young men arrayed in white button-downs, neckties, khakis and dress shoes could be seen shuffling up and down the stairs of Sloane Hall at St. Michael's College. At that time, it was a newly acquired dorm from Fort Ethan Allen, after college enrollment spiked post-World War II. Today, that building is a studio for St. Mike's art students. Good luck getting there though, students have lost their transportation services from main campus to north campus.

Although bleak from the outside, the illustrious studio is illuminated with paint splattered designs, catchy phrases, dark emotions and a restroom with a spray paint décor. Still, students can only see it one way – on their own terms.

According to Will Mentor, an art professor at Saint Michael's, transportation for the art students was cut due to cost reasons. While sitting in a desolate art studio seemingly on its last legs, Mentor recalled previously teaching art courses at Washington University in St. Louis, Missouri. He remembers a time where Washington University was planning on building a brand new, beautiful art building. But as a collective group, the University of Washington art department wanted a certain building downtown, where they could really be creative. Mentor championed the idea of having a building you can

"scribble" on.

The art department has taken pride in their paint-chipped, 1950s-style, red brick sanctuary. "It has its own identity," says Emily Joyce, a senior biochemistry and art major. "If you were to put in a new shiny building, you're not going to destroy and put paint all over the walls, the ceiling or shattered glass everywhere. That's Sloane."

As the transportation for students has been terminated with some calling it a blessing in disguise, claiming it is a positive way to create new friendships. After noticing some students have taken initiative to stay positive in the continuum of financial instability for the school, it was also noticeable others have not.

"We are expected to walk there in temperatures below zero. It's unsafe," said Molly Clarke, a frustrated sophomore at St. Mike's. "If your friends aren't able to drive you, how else are you supposed to get there?"

While the mile and a half walk can be a nice way to get outside, Vermont is third in annual snowfall in the U.S. and has the sixth lowest average annual temperature at 43.74 degrees. From late November to early April, a walk to Sloane Hall could require ice skates.

"All I know is that I have my wheelchair, and I have no idea how I would manage a carpool," said concerned Brooklyn native Dane-roy Lawrence, an accounting major. Lawrence, nicknamed "Miracle" by his

Brooklyn friends, hasn't taken an art class yet, but the school requires it for graduation for most students. However, looking ahead, he says, "I honestly have no idea" how he would get to north campus. "I think I would make it half of a mile."

Instead of a Saint Michael's shuttle on Hegeman Avenue transporting students to and from north campus,

now you can see Jeep's, Ford's, Volvo's and so many more cars belonging to students shuttling themselves on their own time.



Carly Boome '22 works on a project in Sloane Art Center on Tuesday, Feb. 5

PHOTO BY MARLON HYDE

Men step up, discuss toxic masculinity

Gillette's recent ad inviting men to do better and be "the best men can be" has assured us that conversations regarding toxic masculinity and gender roles were not left behind in 2018. The ad received substantial backlash and Gillette has been dubbed "anti-men" by many loyal customers [see Gillette calls out men, page 5].

The #metoo movement, which garnered mainstream attention last year, encouraged women and men to step forward and call out acts of violence and sexual assault. Likewise, it motivated us to believe women, and to hold men accountable.

Gender-based violence, while not new, continues to gain more media attention. The recent kidnapping of 23-year-old Olivia Ambrose has spiked college students' awareness about their safety [see Safety, page 3].

Activists believe the next step in creating a safe environment for women is to redefine what healthy masculinity looks like

and how to raise boys in a way that fosters that healthy perspective. Gillette is the most recent company to jump on board.

Despite negative reactions, our campus welcomed the ad as an invitation to explore masculinity and open the discussion about what it means to be a man. No student or faculty could be found that had anything less than positive reactions.

While terms like "toxic masculinity" and "gender-based violence" cause controversy all over the country, the St. Michael's campus sees nothing wrong with telling men they can do better and is on the right track to helping facilitate that necessary change.

KATHERINE MARTIN
EXECUTIVE EDITOR

Email kmartin4@mail.smcvt.edu for information on the contribution process.

Mission Statement

We, the voice of St. Michael's College, strive to create high quality journalism collected on a foundation of integrity. We represent the pulse of our campus by facilitating a forum for informative, enlightening and thought-provoking conversation. Through in-depth reporting, accurate storytelling and exceptional visuals, The Defender aims to professionally and ethically deliver the truth to our diverse audience.



2019, the year of the pig

Students attend the first campus celebration of Spring Festival

By Sixiang Chen
Multimedia & Opinion Editor

"I wish my family members, my friends, and I could be happy in the year of the pig," said Po Wei, a graduate student.

"I wish I can improve my English language, and learn other languages, like Japanese and Latin in the year of the hot dog," said Ethan Li '22.

"I wish I can marry with my girl-friend this year," said Bob Wang, a graduate student.

In Lunar New Year, everyone has a wish. On Feb. 4, St. Michael's held its first Spring Festival celebration at Cashman Hall to celebrate Lunar New Year, also known as Chinese

According to the Chinese zodiac, 2019 is the year of the pig, which symbolizes happiness, wealth, gentleness, bravery, kindness, and honesty. "This year is my year of the fate because I was born in 1995," Haobo Wang '19. "We are supposed to buy some red stuff to counteract evil force in the year of the fate because the color red in China means luck and fortune."

"We usually hold a small activity for Spring Festival at St. Michael's. It could be a dinner meal, it could be a small party in our suite, and it could be just sitting in our rooms and making video calls with our families," said Fengting Zheng '19. "I was surprised when I heard the Spring Festival celebration held because it was the first Spring Fes-



PHOTOS BY SIXIANG CHEN

Wei Wu (Left), Yulin Chen (Right), Watson Tian and other Chinese students are singing a song for Chinese New Year at the second floor common room of Cashman Hall on Feb. 4.

"GEAR agreed that we should pay attention to the special festivals from different countries."

-Tony Liu, RA of Cashman Hall

New Year, this is the most important festival for Chinese people. All family members get together on New Year's Eve to have a big meal. Most of the 18 Chinese students at St. Michael's had a big dinner — hot pot — on the second floor at Cashman Hall. At the same time, Tony Liu, BK Neera, and other student leaders prepared for the first Spring Festival celebration in the first floor common room.

tival celebration at St. Michael's since I came here four years ago.

"I am so happy that we celebrate the Chinese New Year with non-Chinese students together at St. Michael's," Zheng said.

Tony Liu '20, a first-floor RA of Cashman Hall, mentioned that the Chinese Spring Festival was influential in the world, and GEAR program should also pay attention to it. "As a Chinese

RA, I'm glad that the first-time Spring Festival celebration was successful, and students who attend the celebration felt the atmosphere of it in 45 minutes," Liu said. "We prepared the red packets and chopsticks game in the celebration. It was fun."

Micayla O'Connor '22, who is an American student, also celebrated Spring Festival at Cashman Hall. "I know pretty much nothing about Chinese New Year, [but] I heard about the celebration through a close friend and I was interested to learn more about the culture. It was so fun."

Many Chinese students were excited celebrating the Spring Festival, but they were curious if there would be the Spring Festival celebration every year in the future.

"After discussion, GEAR agreed that we should pay attention to not only the Chinese Spring Festival, but also other special festivals from different countries," Liu said.

Chinese New Year comes to life

Check out "Chinese New Year comes to life," a video about celebrating Spring Festival at Cashman Hall on Feb. 4 made by Sixiang Chen '19. The video covers the dumpling making at International Commons, Chinese dinner meal party on the second floor of Cashman Hall, and the main Spring Festival celebration.

Visit defender.smcvt.edu



PHOTO BY SIXIANG CHEN

Chinese and non-Chinese students celebrate Spring Festival together at Cashman Hall on Feb. 4.

Culture shocks students abroad

By James Koppelman
Opinions & Photography Editor

Studying abroad offers students the chance to make lifelong memories. For some majors at SMC, studying abroad is a requirement for graduation. However, for a student who has never left their home country, is the culture shock of living in a new country too much to handle?

This could be very intimidating for a student who had never planned on leaving the country. Although living in a new part of the world can be scary, most of the student body that has gone abroad, have come back changed and matured for the better.

Sarah Carlson-McNally is an MJD major 20', who is currently studying abroad in Bali, Indonesia. With a 13-hour time difference and a language barrier, Sarah said she is definitely experiencing a decent amount of culture shock.

"I would say that the first thing to catch my attention was the relationship between people and animals. There are all kinds of animals here and the population tends to mix with them differently than in America. Dogs, cats, monkeys, cows all run free through the streets without domestication. It is just strange to see a different relationship between people and animals." Said Sarah.

"The food here is absolutely amazing. All ingredients are extremely fresh, and you could even pick food from the trees if you want. It is a huge shift from the food back home though, nothing is artificial or packaged. Having a snack here means eating nuts, berries or rice compared to chips and soda," said Sarah.

Sierra Seeley is a fashion merchan-



PHOTO COURTESY OF SARAH CARLSON-MCNALLY

Sarah Carlson-McNally 20' and the family that is housing her while abroad bring home exotic fruits and ingredients for dinner in Bali, Indonesia.

"I am not used to being the minority. Just walking down the street in Italy I received strange looks for being an American."

-Sierra Seeley, Jefferson University student

dising student who goes to Jefferson University in Philadelphia. In the fall semester of 2018, she spent her studies in Rome, Italy. While living in Rome, Sierra spent her time traveling around the world and experienced different types of culture shock throughout her trip.

"I am not used to being the minority. Just walking down, the street in Italy I received Strange looks just for being an American. I was often antagonized or harassed when out at night in bars, clubs and restaurants. I do not believe it was acts of hate, these people just do not often see people from America.", Said Sierra

Besides the stigma Americans have in most European countries, Italy has a completely different economic system that depends on euros.

"I had to get used to the idea of always having coins on my person. When I am home, I typically just carry bills or my card. However, it was much more common to carry around coins in Italy.", said Sierra.

There is also a much different social norm behind how the day is spent compared to the typical 9-5 in America. The way Italians spent their days is very interesting. It is typical to wake up as early as the sun is rising. After food and preparation for the day, the whole city would be busy and working until it is time for "Siesta" this is a time in the day where everyone takes a nap and recharges.

Although studying abroad means having to adjust to a new method of living. It is an experience that will turn a student into an adult. Coming home from living in a new country may be hard to adjust to.

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